

# THE NATUROPATH AND HERALD OF HEALTH

*With which are Consolidated*

The Amerikanische Kneipp-Blaetter (1896-1901)

The Kneipp Water Cure Monthly (1900-1901)

The German and English Editions of the Naturopath (1902-1907)

The Liberator of Medical Thought (1902-1908)

**BENEDICT LUST, EDITOR AND PROPRIETOR, New York, U. S. A.**

*Published Monthly, combined in English and German since January, 1908.*

DEVOTED TO NATUROPATHY } The Art of Natural Healing and Natural Living  
                                          } The Science of Physical and Mental Regeneration

**SUBSCRIPTION:** \$2.00 a Year, postpaid, to all parts of the world. Payable in advance  
Single Copies, 20 Cents, postpaid. Back volumes from 1900 to  
current volume, \$1.50 each postpaid.

Official Organ of the Naturopathic Society of America and the Association for  
Establishing and Maintaining Naturopathic Schools and Hospitals

VOL. XV. No. 3

MARCH, 1910

Whole No. 198

## THE ANTI-VACCINATION CRUSADE.

BY H. LINDLAHR, M. D.

Copyright by The Nature Cure Publishing Co., Chicago.

"To vaccinate or not to vaccinate," that is the question of the day in Chicago.

In order to solve this much discussed problem intelligently and rationally it becomes necessary to understand the true nature of acute and chronic diseases.

Modern "regular" medical science is built on the germ theory of disease. The microscope discloses to the astonished eye of science the wonders of the world of micro-organisms. Many forms of disease are found to be accompanied by the production of certain kinds of germs, bacteria, and parasites.

In malarial diseases we find in the blood in great numbers the plasmodium malariae; in cholera, the cholera bacillus; in consumption, the tubercle bacillus, etc., and forthwith scientists argue that these germs are the true causes of disease. As a natural corollary to this

assumption they further conclude that in order to cure the disease they must kill the germs.

From these premises have evolved our modern theory and practice of medicine and surgery, culminating in the lymph, serum, vaccine, and anti-toxin therapy.

Kill the bug and cure the disease, that sounds plausible—but is it true?

Only a few years ago the world was all aglow with excitement over Dr. Koch's wonderful discovery, and he was heralded as one of the great saviors of humanity. He claimed that the tubercle bacillus was the cause of consumption, and that his tuberculin, a decoction of tubercle bacilli, was certain death to the bacilli and a sure cure for consumption. The German Parliament, in the first great excitement over the wonderful discovery, presented to him in the name of the nation a vote of thanks, and the sum of 100,000 marks.

From all parts of the world consumptives and those who were in dread of becoming such came to try the new treatment. But, alas, to-day tuberculin is almost forgotten. Only here and there a lone fakir poses as the original Dr. Koch from Berlin, and sells to poor

## NATUROPATHY IN CALIFORNIA.

The recent passing of a law legalizing the practice of Naturopathy in all its branches in the State of California, marks a new era in the dissemination of truth; it will be a great step toward prevention and cure of disease, and ensure safer and saner methods in the treatment of the sick, and especially those who have sought in vain relief from their ailments by the old medical systems.

Like the establishment of every great truth, this victory has been brought about after many vicissitudes and hard struggles against the well enforced Medical Trust, which claims to have a monopoly in the art of healing, and looks upon those who successfully work along more progressive lines with envy and suspicion.

Southern California, with its unsurpassed climate and topographical conditions, is really Nature's Sanitarium, where one can enjoy the cooling breezes of the ocean, as well as the pure and invigorating air of the foothills and mountains, the fragrant flowers, and delicious fruits in their endless varieties during all seasons of the year. When howling blizzards sweep down upon the Eastern and Middle States, making all out-door life nearly impossible, the golden orange ripens under the sunny skies at the foot of the snow-capped mountains. The unrivalled facilities and opportunities which are offered by the Golden State are making it more and more the mecca of health seekers every year, and the number of those who come to the "land of sunshine," not only for the cure of disease, but also for rest and recreation, is constantly increasing.

As people are getting weaned from the practices of the old orthodox medical school, they become more interested in the natural methods of healing, and the demand for competent practitioners and teachers is likewise on the increase and offers great opportunities for those who want to study and practice the treatment of disease along naturopathic lines.

Dr. Carl Schultz, the founder of the Naturopathic Institute and Sanatorium of California, Los Angeles, is really the pioneer of the movement in California. He is also the first and so far only naturopathic physician on the Pacific Coast, who employs the widest scope of natural methods in the treatment of his patients. There are many practitioners who confine themselves to one single method, like osteopathy or chiro practices, disregarding more or less other means of restoring health. Dr. Schultz's system of treatment comprises the good that is in all methods of healing and applies it successfully in each individual case. The following branches of naturopathy are taught and practiced: Light, Air, and Water Cure, Massage, Swedish movements, Vibration, Electricity, Osteopathy, Chiropractic, Orthopedic Surgery, Physiological Chemistry, Natural

Dietetics, etc., thus giving the patient the greatest possible benefit.

The operative treatment of diseases is strictly excluded. The knife of the surgeon constantly sends hundreds to an early grave and cripples thousands for their lifetime when the application of the simple teachings of hygiene would have saved the poor victim. It is the more and more apparent inability of allopathy which brings surgery into prominence, and there is no bodily organ which has not yet been operated on and declared unnecessary. There should never be a surgical operation performed before the patient has given our natural healing methods a fair trial.

There is not one person on whom an operation was performed, for instance the removal of the appendix, who has not to complain of lighter of graver consequences such as depression of mind, anger, vexation, irritability, nervousness, digestive troubles, etc., although the appendix is an unnecessary part of the body, according to the views of allopathy.

Dr. Schultz has successfully treated many patients who were condemned to the operation table for appendicitis, and who rapidly recovered under naturopathic treatments. Professional surgeons, for lack of experience in other than surgical measures, rarely have clear ideas of curative possibilities. A large prospective fee proves too tempting for many surgeons.

Another advantage is the location of Dr. Schultz's Naturopathic Sanitarium and College, in the Metropolis of Southern California. Los Angeles bids fair to become the leading city of the Pacific Coast in wealth, beauty, art and sciences. Through the San Pedro Harbor and the Owens River Aqueduct, Los Angeles will enjoy advantages which are not equalled by any city in the United States. While the city has had a phenomenal growth in the past, more than doubling its population in the last ten years and having now over 300,000 inhabitants, it is very probable that in another decade, it will be nearing the one million mark, without having the bad features of the eastern cities of the same size.

The city of Los Angeles will remain essentially a city of small homes and gardens, while the surrounding country will be dotted with orchards and vineyards with broad macadamized highways leading in all directions from the mountains to the sea. Compared with other cities, the cost of living in Los Angeles is low; the market affords a variety of fresh fruits and vegetables at very moderate prices all the year round, which will be welcomed by all those who prefer a natural and hygienic diet in accordance with the teachings of nature cure.

Dr. Schultz's Naturopathic Institute and Sanatorium is centrally located, two blocks west of Central Park, on the quietest section of South Hope Street, near Sixth Street, and can be easily reached by various car lines. The Sanatorium has large open porches and a nice secluded garden. The



etics, etc., thus giving the patient the best possible benefit. The operative treatment of diseases is excluded. The knife of the surgeon is excluded. The knife of the surgeon constantly sends hundreds to an early grave. The application of the simple teaching of hygiene would have saved the poor. It is the more and more apparent superiority of allopathy which brings surgery into prominence, and there is no bodily ailment which has not yet been operated on and declared unnecessary. There should be a surgical operation performed before the patient has given our natural healing methods a fair trial.

There is not one person on whom an operation was performed, for instance the removal of the appendix, who has not to sustain lighter or graver consequences, as depression of mind, anger, vexation, irritability, nervousness, digestive troubles, although the appendix is an unnecessary part of the body, according to the teaching of allopathy.

Schultz has successfully treated patients who were condemned to the operating table for appendicitis, and who recovered under naturopathic treatment. Professional surgeons, for lack of experience in other than surgical measures, rarely have clear ideas of curative possibilities. A large prospective fee proves tempting for many surgeons.

Another advantage is the location of Dr. Schultz's Naturopathic Sanitarium and Hospital in the Metropolis of Southern California. Los Angeles bids fair to become the beauty city of the Pacific Coast in beauty, art and sciences. Through the Pedro Harbor and the Owens Aqueduct, Los Angeles will enjoy advantages which are not equalled by any city in the United States. While the city is experiencing a phenomenal growth in the past few years and having now over 300,000 inhabitants, it is very probable that in another decade, it will be nearing the one million mark, without having the bad features of the eastern cities of the same size. Los Angeles will remain a city of small homes and cottages while the surrounding country is dotted with orchards and vineyards and macadamized highways leading to the mountains in the distance. Compared with other cities, the cost of living in Los Angeles is low; the market price of a variety of fresh fruits and vegetables is moderate; all the year round weather will be welcomed by all those who desire a natural and hygienic diet in accordance with the teachings of nature.

Dr. Schultz's Naturopathic Institute and Hospital is centrally located, two blocks from Central Park, on the quietest section of Hope Street, near Sixth Street. It can be easily reached by various public conveyances. The Sanatorium has large open grounds and a nice secluded garden. The

rooms for patients are bright and sunny, steam heated, in winter and comfortably furnished. The diet is simple, but wholesome, all condiments, pastries and stimulating beverages are eliminated; the combinations of foods are taught to the patients.

The Sanatorium is open to convalescents, persons in need of careful diet and rest and to patients with acute and chronic diseases, such as appendicitis, diabetes, Bright's disease, gout, rheumatism, spinal curvature, all deformities, paralysis, stomach and female complaints, etc.

One of the essential features of the Sanatorium is scrupulous cleanliness in all its departments, as the leading motto in the restoration of health is "cleanliness is next to godliness."

### HYPERMEDICATION.

I noticed in the December number of the *Naturopath*, in an article by Dr. Charles MacFadden, of Chicago, the term "Hypermedication," as applied to diseased conditions resulting from too much drugging. I have just finished treating such a case, which may interest your readers.

Fourteen months ago a man came to me from Sparks, Nev., to be treated for rheumatism, which he said had afflicted him for over 30 years, during which time he had taken "a shipload of medicine" and had "suffered many things from many physicians," with little relief and no permanent benefit, as he had slowly grown worse until at the time he came to me he was a most pitiable nervous and physical wreck, and his mind was also greatly weakened. He was taking 80 grains of aspirin per day, but was still unable to sleep much, on account of the pains which reached every nerve in his body. After carefully going over his case and studying on it for a week, I came to the conclusion that he had not and never had rheumatism, but was and had been suffering from drug poisoning. I so informed him and his wife, and told them that I would take the case on condition that absolutely all drugs be discontinued. For two months there was but little improvement, the drugs having put his system into such a state of inaction that reaction seemed almost impossible, for though the pain had greatly lessened and he was sleeping much better, he seemed to gain no strength and was mentally as depressed as ever. At the beginning of the third month he began to gain strength, and to lay on a little flesh. I now cut the treatment down from three to one a week, so as to give nature a show, and he continued to improve till June, when I discharged him for the summer.

In September he came back saying, that while he had held his own during the hot weather, he was making little, if any, pro-

gress. I began treating him once a week, and he soon began to gain rapidly, and at the present time is able to attend to his duties as machinist in the railroad shops, at Sparks, and says he feels so much better than he ever expected to that he considers himself entirely cured. During all the time he has been under my care I have never had occasion to change my first diagnosis, but am now more than ever convinced that drugs alone were responsible for his condition. I suggest that naturopaths add another disease to the list already known to medical science, called "Dopeitis," for the West and "Drugitis" for the East, the disease to be classed with alcoholism, nicotine poisoning and the opium habit.

J. P. BEAN, N. D.

Reno, Nev.

### GET POWER

#### The Supply Comes From Food.

If we get power from food, why not strive to get all the power we can. That is only possible by use of skillfully selected food that exactly fits the requirements of the body.

Poor fuel makes a poor fire and a poor fire is not a good steam producer.

"From not knowing how to select the right food to fit my needs, I suffered grievously for a long time from stomach troubles," writes a lady from a little town in Missouri.

"It seemed as if I would never be able to find out the sort of food that was best for me. Hardly anything that I could eat would stay on my stomach. Every attempt gave me heart-burn and filled my stomach with gas. I got thinner and thinner until I literally became a living skeleton and in time was compelled to keep to my bed.

"A few months ago I was persuaded to try Grape-Nuts food, and it had such good effect from the very beginning that I have kept up its use ever since. I was surprised at the ease with which I digested it. It proved to be just what I needed.

"All my unpleasant symptoms, the heart-burn, the inflated feeling which gave me so much pain disappeared. My weight gradually increased from 98 to 116 lbs., my figure rounded out, my strength came back, and I am now able to do my housework and enjoy it. Grape-Nuts did it."

A ten days trial will show anyone some facts about food.

Look in pkgs. for the little book, "The Road to Wellville." "There's a Reason."

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.



**Dr. Lindlahr's Sanitarium**  
**The Lindlahr College of Nature Cure**  
**The Nature Cure by Mail** Correspondence Course  
**The Nature Cure Publishing Co.**  
 Publishers of the **Nature Cure Magazine**

All of these institutions and publications practice and teach on a strictly scientific basis all branches of Natural Therapeutics, such as osteopathy, Massage, Curative Gymnastics, Vegetarian and Raw Food Diet (Natural Dietetics), Hydrotherapy, Open Air and Light Baths, Mental Therapeutics, Open Air and Light Baths, Mental Therapeutics, Magnetic Treatment, the Treatment of Nervous Disorders, Psychic (Obsession) and Physical Insanity. On application we cheerfully furnish further information and special literature concerning anyone or more of the above mentioned departments.

**HR'S SANITARIUM**

CHICAGO, ILLS.

phone Monroe 2246

Tel. 728 Bushw.

Office hours  
 9—11 A. M.  
 3—5 P. M.

**MECHANO-THERAPY**  
**USED WITH GREAT SUCCESS**

A Scientific Combination of Food, Circumstances, Water and Motion for the Stimulation of Physiological Action by Mechanical and Other Means for the Purpose of Establishing a Normal Condition of the Body.

**Massage and Electric Treatment**  
**Vibration and Violet Ray Application**  
**Kneipp Water Cure**

Rheumatism, Sciatica, Liver Trouble, Heart Disease, Weak Lungs, Blood Poverty treated successfully by me.

**CAROLINE Z. LINDSAY**

Doctor of Mechano-Therapy  
 12 BLEECKER STREET  
 BROOKLYN, N. Y.  
 Send for booklet.

**Something New**

on a subject that is not understood by many people. This is the question of the relationship between SEX and the PHYSICAL and MENTAL HEALTH.

**"The Abuse of the Marriage Relations"**

written by an experienced physician, who has investigated this subject and has found it to be the origin of most chronic diseases. This is also the cause of so many unhappy marriages. This is a very valuable book for those who are married or intend to get married; it will avoid considerable unhappiness and heart-aches. This book will be sent you prepaid upon receipt of 25 cents in stamps or coin. For 10 cents additional a sample copy of unique magazine "Naturopath," prospectus of famous "Yungborn" Health Home, Butler, N. J., American School of Naturopathy & Hospital, Advice by Mail, Kneipp Pure Food Store, Books, etc.

B. LUST, N.D., 465 Lexington Ave., NEW YORK CITY

**Naturopathic Institute  
 and Sanitorium**

of California

(Incorporated)

The Sanitorium is located at 556, 558, 560 S. Hope Street, two blocks from Central Park, on a quiet street. The rooms are sunny, steam heated and comfortably furnished. The treatment rooms are open to outside patients. All acute and chronic diseases are treated. Electric light, Hot air, Vapor, Sun, Electric, Herbal, Needle, Sitz, Friction and Shower Baths, as well as Massage, Swedish and other movements. Osteopathy, Chiropractic, Orthopaedic Surgery and all Hydropathic treatments are given.

Dr. CARL SCHULTZ, Pres.

H. GREENWOOD, Clerk

**Naturopathic College of California**

556-558-560 SOUTH HOPE STREET

LOS ANGELES

The fall Term begins on the first Tuesday in October, 1909, the following Branches are taught: Anatomy, Physiology, Chemistry, Pathology, Botany, Bacteriology, Hygiene, Dietetics, &c., Electricity, Hydropathy, Mechano-Therapy, including Massage, Osteopathy, Chiro-Practic, and Orthopedic Surgery, Obstetrics, Minor-Surgery Fractures, and Dislocations.

The Naturopaths are legalized in California and in some other States, the rest will follow. We not only endeavor to make our students competent to pass any Medical or Osteopathic Board of Examiners, but make them competent and practical Physicians. The Naturopath is the Physician of the future, write for prospectus.

Dr. Carl Schultz, President

H. Greenwood, Clerk



ONLY \$25.00

to \$75.00 per week making photo buttons with this wonderful money-making device.

The Cannon Camera makes 8 finished photo buttons in or minute, ready to wear. Positively no experience required to start this big, pleasant outdoor business of your own. This pays for complete outfit, consisting of Wonder Cannon Camera, tripod and supplies for making 4 finished photo buttons. Button picture and gilt frame sells readily for 10c. and 15c. costs only 2c.

WRITE TO-DAY FOR FREE CATALOG  
 CHICAGO FERROTYPE CO.

DEPOT. 147

CHICAGO, ILL.

New Edition 50 Cents

**"Perpetual Life"**

LIVING IN THE BODY FOREVER

Here is a book you must read. Tells how to stop dying and learn to live. States precisely and lucidly the Law of Self-Prolongation. By transgression of this Law the span of human life has been curtailed from 800 years in Noah's time to 40 years or less today. Read, study and learn how to promote longevity. Third Edition, sold at \$1. Fourth Edition, 50c. a copy if you mention this magazine.

JAMES W. PIERCE 122 N. Broadway, Los Angeles, Cal.